



KCCRT CONNECTION

February 2016

IMPORTANT REMINDERS

- **Attend 2-Hour Quarterly Team Training!** If you are not attending Quarterly Team Training, you are missing important updates, training, and the opportunity to be part of a cohesive team that can work together because they have trained together. The training has been honed back to 2 hours, and contains education and exercises every quarter. Members will get 3 hours continuing education credit, which includes travel consideration. All quarterly Training applies to the 30 hours needed to renew membership every 4 years. Your team needs you! See the schedule below.
 - **Access KHELPS to add new contact info if it has changed:** <https://kentuckyhelps.com/>
 - **Be sure to notify the [Team Coordinator](#) of any changes.**
-

USE IT OR LOSE IT!

Practice Makes the Master

Annual Team Conference

May 20-21, 2016

**Begins: 1 pm Friday, May 20. Register at Old AASF Hanger,
Boone National Guard Center, Frankfort, KY**

Check 2/12/16 Email for your invitation. Contact us if you didn't receive it.

Follow Registration instructions to register for:

1) CONFERENCE

- a. Team Members: [2016 Annual Team Conference](#)
- b. Coordinators: Check your Email.

2) HOTEL

- a. Listed under Kentucky Community Crisis Response, Group number 1373.
 - b. *Lodging provided Friday night at the Capitol Plaza Hotel*
-

NEWS FROM KCCRB

- **Jocelyn will be on Maternity Leave starting the end of February through the end of April. The office will continue to process all team membership and renewal applications. If you have any questions, please call 502-607-5781.**

- Kelli is now an authorized ICISF Instructor for Group Crisis Intervention and Pastoral Crisis Intervention I & II.
- Deborah, Kelli, C. J. and Jocelyn are now Certified in Critical Incident Stress Management (CISM).
- C. J. is back in the office, and still recovering from thumb surgery.
- Be sure to check Training Schedule. See <http://www.kccrb.ky.gov/train/>

THE ART OF RESPONDING

When is the last time you used the SAFE-R Model?

Did you know you can practice the SAFE-R Model when asking your family or friends about their day? The more you practice it, the more natural and comfortable it will become.

Don't wait until you go on a response to review the most used crisis intervention model. Review it now.

SAFE-R MODEL

(For brief 10-20 minute 1:1 intervention)

- S Stabilize situation**
- Introduction; establish rapport
 - Reduce stimuli; meet basic needs
 - Communicate clearly
- A Acknowledgment of crisis**
- Acknowledge event and reactions
 - Encourage safe ventilation
 - Person describes what happened & their own reactions
- F Facilitate understanding**
- Normalize reactions
 - Explain common reactions to challenging events
 - Provide reassurance
- E Encourage adaptive coping**
- Identify helpful mechanisms of action
 - Discuss prior and new coping skills
 - Acceptance & utilization of resources
- R Restoration**
- Restore to functioning
 - Refer for continued care (if needed)
 - Refer to support resources

REGIONAL NEWS

- **Response Stats – Jan. 1 – Jan. 31, 2016**

Region 6: Incidents: 2 Response Services: 13



Continued means responses were done for incidents that took place in the prior month. *Response services include one-on-ones, group interventions and consultations.*

QUARTERLY REGIONAL TEAM TRAINING

Reg. 01	7/28/2016	6:00pm cst	Four Rivers Behavioral Health, 1539 Cuba Rd Mayfield KY 42066
Reg. 01	10/27/2016	6:00pm cst	Four Rivers Behavioral Health, 1539 Cuba Rd Mayfield KY 42066
Reg. 02	3/10/2016	5:30pm cst	TBD
Reg. 02	9/8/2016	5:30pm cst	TBD
Reg. 03	3/18/2016	5:00pm cst	Warren County Board of Education, 303 Lovers Lane, Bowling Green, KY
Reg. 03	8/19/2016	6 pm cst	Bowling Green, KY 42101
Reg. 03	11/18/2016	6 pm cst	Bowling Green, KY 42101
Reg. 04	3/4/2016	5:30pm	Shopville-Stab Vol. Fire Dept., 331 Stab Rd., Somerset, KY
Reg. 04	8/26/2016	5:30pm	Shopville-Stab Vol. Fire Dept., 331 Stab Rd., Somerset, KY
Reg. 04	12/2/2016	5:30pm	Shopville-Stab Vol. Fire Dept., 331 Stab Rd., Somerset, KY
Reg. 05	3/21/2016	6:00pm	Nelson Co. Sheriff's Office, 210 Plaza Drive Bardstown, KY 40004
Reg. 05	9/19/2016	6:00pm	Hardin Co. EMS, 1450 Rineyville Road, Elizabethtown, KY
Reg. 05	11/21/2016	6:00pm	Nelson Co. Sheriff's Office, 210 Plaza Drive Bardstown, KY 40004
Reg. 06	2/18/2016	6:30pm	MFPD1, 108 Urton Lane, Louisville, 40229
Reg. 06	8/11/2016	6:30pm	LMPD Training Academy, 2911 Taylor Blvd, 2nd Floor (Classroom B), Louisville, KY 40208
Reg. 06	TBA	6:30pm	MFPD1, 108 Urton Lane, Louisville, 40229
Reg. 07	2/23/2016	6:00pm	Cathie's, Edgewood, KY 41017 DATE CHANGE
Reg. 07	8/16/2016	6:00pm	Cathie's, Edgewood, KY 41017
Reg. 07	11/15/2016	6:00pm	Cathie's, Edgewood, KY 41017
Reg. 08	7/12/2016	6:00pm	Morehead Fire Dept . Station 2, 3175 Flemingsburg Rd., Morehead, KY 40351
Reg. 08	10/11/2016	6:00pm	Morehead Fire Dept. Station 2 3175 Flemingsburg Rd., Morehead, KY 40351
Reg. 09	3/14/2016	1:00pm	Prestonsburg, KY
Reg. 09	9/12/2016	1:00pm	Prestonsburg, KY
Reg. 09	12/12/2016	1:00pm	Prestonsburg, KY
Reg. 10	3/4/2016	5:30pm	Shopville-Stab Vol. Fire Dept., 331 Stab Rd., Somerset, KY
Reg. 10	8/26/2016	5:30pm	Shopville-Stab Vol. Fire Dept., 331 Stab Rd., Somerset, KY
Reg. 10	12/2/2016	5:30pm	Shopville-Stab Vol. Fire Dept., 331 Stab Rd., Somerset, KY
Reg. 11	7/14/2016	6:00pm	Lex. Fire Training Center, 1375 Old Frankfort Pike Lexington
Reg. 11	10/13/2016	6:00pm	Lex. Fire Training Center, 1375 Old Frankfort Pike Lexington
Reg. 12	8/8/2016	6:00pm	KCCRB, 111 St. James Ct., Suite B, Frankfort, KY
Reg. 12	11/14/2016	6:00pm	KCCRB, 111 St. James Ct., Suite B, Frankfort, KY

All Regions: May 20-21, 2016 for the 2016 KCCRT Conference - Frankfort

If you cannot get to your regional training, it is highly recommended you try to attend an adjacent region's training if at all possible. The training materials are the same for all regions.

TEAM MEMBER INFO

- **THANK YOU to our latest renewing team members:**
 - Ron Golden (Region 1, Level 2, Behavioral Health)
 - Pricilla Schwartz (Region 4, Level 2, Education)
 - Margenia Keeton (Region 4, Level 2, Education)
 - Steven Timberlake (Region 3, Level 2, Chaplain, Disaster, Faith Based)
 - Gary Santana (Region 11, Level 5, CADC, EMT, Education, EM)
 - Randy Pace (Region 6, Level 2, Faith Based, Education, Business)

- **19 Applications are currently in progress:** Region 1: 1, Region 2: 4, Region 3: 2, Region 4:1, Region 6: 4, Region 7: 1, Region 8: 3, Region 10: 1, Region 11:2.
- **We are always recruiting for new members.** Please contact [Jocelyn Baldor](#) to refer any friends or co-workers to the team.

TRAINING INFO

CRISIS INTERVENTION TRAINING

March 3-4	Pastoral Crisis Intervention I	Morehead	Register
March 18	Psychological First Aid-II	Bowling Green	Full
TBD	Psychological First Aid-II	Bowling Green	Pending
March	Assisting Individuals in Crisis /Group Crisis Intervention Combo	Region 2	Pending
April 26	Psychological First Aid-II	Harrodsburg	Pending

Group and Individual Crisis Intervention Courses are required for Level 2.
If you took either of these classes prior to 2010, we recommend you take a refresher.

Courses are being scheduled now.

[Check the Training Calendar for Complete List!](#)

Links for all online courses at [KCCRB Online Training](#)

Check the [Team Levels and Training Matrix](#) for training clarification.

PREPAREDNESS TIPS & RESOURCES

[Recommended Earthquake Safety Actions \(Updated\)](#)
[Resources for K-12 – Good Stuff!](#)
[Seven Steps to Earthquake Safety for Home and Family](#)

KCCRT LINKS

[KCCRB Email](#)
[KCCRB WEBSITE](#)
[KCCRB Ongoing Education](#)
[Response Availability Page](#)
[Training Calendar](#)

HELPFUL LINKS

[Kentucky Re-Entry Directory](#)
[Be Prepared: Build a Kit](#)
[Accessible Emergency Info](#)
[Sign Language](#)
[Google Translate - Desktop](#)

STAY CONNECTED LINKS

[FACEBOOK \(for team members only\)](#)
[KHELPS](#)
TEXT MESSAGE (Important Info Blasts) Text 40404 with message "Follow KCCRT1"
[TWITTER \(Important Info Blasts\)](#)

[YouTube Recommended Videos](#)

THERE'S AN APP!

[PFA MOBILE](#)

[SAMHSA BEHAVIORAL HEALTH RESPONSE DISASTER APP](#)

[Google Translate – Play Store](#)

[iTranslate](#) for Apple – available free iTunes

[SayHi Translate](#) for Apple

<https://itunes.apple.com/us/app/sayhi-translate/id437818260>

Tabletop: <https://appsto.re/us/oo4wl.i>

KCCRT Connection [Editors](#)
Kentucky Community Crisis Response Board
111 St. James Ct., Suite B
Frankfort, KY 40601
502.607.5781

Did you miss the previous issues? Visit <http://kccrb.ky.gov/about/newsletters/>